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**Friday's
Jackpot**



ASTROS GRAB THAT TIGER BY THE TAIL

MIGUEL CABRERA'S
BID FOR A GAME-
WINNING GRAND SLAM
AGAINST HOUSTON
COMES UP JUST SHORT

PAGE 18

Strength in numbers

Three London teens are
among nine students
nationwide to score 100%
in an elite math contest

PAGE 2

Murder charge laid in death of Tim Bosma

Defence lawyer says
aviation heir Dellen Millard
will plead not guilty to
first-degree murder

PAGE 5

Fangs for sharing

Vampire Weekend songwriter
Rostam Batmanglij talks about
the band's preppy image and
their new album, *Modern
Vampires of the City*

PAGE 10



Jessie Shred, 26, of London, chats on her cellphone on Wednesday outside the Covent Garden Market. A London researcher suggests the electromagnetic fields surrounding hand-held devices may not be harmful after all.

JOHN MATISZ/METRO

Hello? How about a little talk therapy?

Local research. Are
scientists wrong about
the health risks of
hand-held devices?



**JOHN
MATISZ**
john.matisz@metronews.ca

The main device we use to
communicate with each other
may not be harmful to our
health after all.

In some cases, the use of
cellphones may even be akin
to an apple a day, a London
doctor says.

Alexandre Legros of Law-
son Health Research Insti-
tute says a "very large piece
of research" is showing that
all those supposedly harmful
electromagnetic fields radiat-
ing from hand-helds can in
fact be therapeutic.

The fields, he says, "can al-
ter brain activity and physical
responses, opening the possi-

About the subjects

- The investigation into
electromagnetic fields at
Lawson Health Research
Institute is being carried
out on 17 volunteers.
- The subjects are men
and women between
18 and 55 years old.

bility for therapy" for people
with neurological disorders
and diseases.

Cellphones have long been
suspected to pose health risks,
with the list of perceived dam-
age including a heightened
chance of developing a brain
tumour. The World Health
Organization website, citing
the International Agency for
Research on Cancer, notes the
electromagnetic fields pro-
duced by hand-helds are "pos-
sibly carcinogenic to humans."

Lawson started testing his
idea a couple of years ago,

exposing volunteers to vary-
ing levels of electromagnetic
fields — pumped into their
bodies from MRI machines
and other equipment — to see
how they reacted.

So far, none of his subjects
has seen a decline in health.
Instead, the exposure has cre-
ated a bit of a spark in their
brains, Legros says.

He believes his research
could be a basis for future sci-
entific investigation, such as
developing a less destructive
way to treat Parkinson's dis-
ease.

"This is very invasive sur-
gery," he said of current treat-
ments for the disease.

The question, he said, is:
"Can we, in the future, make
it less invasive?"

Online

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national stories at
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What does your
freedom look like?
Turn to page 6



Brain power cubed

Math masters. Central high school students take top honours in national competition

MARK SPOWART
london@metronews.ca

When it comes to math, Eric Pan is in an elite class.

His level of expertise is matched by only a few students across the country.

Two of them — Victor Ling and Qinfan Liu — just happen to be his close friends and classmates at London Central Secondary School.

Friends since their elementary days at Orchard Park school, the teens are three of nine Grade 11 students nationwide who registered a perfect score during the recent Fermat Math Contest, administered through the University of Waterloo.

And it's not the first time they've done it. It's the second time in three years the students have been named the top school team in Canada.

The contest, counting

What's the answer?

This is one of the questions from the 2013 Fermat Math Contest:

- An integer m is chosen at random from the list $-9, -7, -5, -3, -1, 1, 3, 5, 7, 9$. The probability that $m^4 > 100$ is (what)?
- Here's a hint: The answer is $3/5$.

about 18,000 participants across Canada, poses 25 multiple-choice questions broken into three sections. As students work through the sections, the questions become progressively more challenging.

Even for Pan.

"There were a couple of questions at the end that were very complex," he said. "One was a geometry question with a whole bunch of triangles inside of other triangles, and it required a lot of figuring out."

So what's a young mathematician to do?

"I just brute-forced it, finding out everything about the triangles and just worked



Eric Pan, 16, a Grade 11 student at London Central Secondary School, writes out one of the problems he found challenging during the recent Fermat Math Contest. Pan and two of his classmates posted perfect scores on the exam.

MARK SPOWART/FOR METRO

through it," Pan said.

While the trio seem able to tackle most math problems known to man,

they enjoy a bit of competition among themselves, in which, at least for now, Pan holds a lead.

"I usually win, but they are definitely getting better, a little bit," he said with a grin.

Northeast residents to the rest of London: Can You Feel It?



Posing in front of Bishop Townshend Public School's community tree, Miss Teen Canada Celina Rivas-Vasquez is joined by northeast London advocates Arden McClean, left, Bonnie Wludyka, Will Graham and Jacqueline Fraser. The group helped kick off a campaign to rebrand the district on Wednesday.

JOHN MATISZ/METRO

Densely populated and prone to crime — two things Londoners tend to associate with the northeast part of the city.

Not for long, says a group of concerned citizens.

Schools, businesses, service agencies and others are out to prove northeast London is a safe, tight-knit community filled with caring people.

The groups launched an awareness initiative on Wednesday aptly named Can You Feel It?

"Bad things happen, but bad things happen everywhere," said Will Graham, who lives in

the neighbourhood and owns a business on Kippis Lane. "Northeast London has changed so much, even in the five years that I've been here, that it's not even the same place."

Bonnie Wludyka, property manager at Northland Mall, said Can You Feel It? aims to recognize people who are contributing to the area in a positive way.

Greatness, she said, needs to be celebrated.

"We really can change the mindset people have. It really is a positive place," Wludyka said.

Through May 31, thousands

of ribbons will be distributed to people doing good deeds.

These can be as simple as opening a door for a neighbour, Wludyka said.

While the campaign officially ended on Wednesday, the initiative isn't a one-off, said Jacqueline Fraser, a member of the Northeast London Community Engagement group.

"What we're trying to do is help create the movement, and sustain the movement, to bring to light more positive stories about life in northeast London," Fraser said.

JOHN MATISZ/METRO

Extra budget demands

So ... we goin' to the polls or not?

Ontario voters were no closer Wednesday to knowing whether they'll be sent to the polls after Premier Kathleen Wynne and NDP Leader Andrea Horwath met to discuss her extra budget demands.

Even though the Liberals

included many NDP-friendly measures in the May 2 budget, Horwath has added three more demands to the list, saying she wants more accountability.

"She was quite, I think, open to hearing my concerns," she said after the half-hour meeting in Wynne's office. "She was open to having me explain to her why it was that it was important for us to take the

necessary time to talk to Ontarians about their concerns with the government."

But Horwath wouldn't say whether she'll pull the plug on the minority Liberals and trigger an election.

"That will be determined by the premier's decision," she said. "The ball is in her court now and she has to make that decision and be public about it."

THE CANADIAN PRESS

Oversight, please

Diluted chemo drugs prompt new rules

Ontario's governing Liberals say they've closed a gap in oversight after about 1,200 patients in two provinces received diluted chemotherapy drugs. Effective Wednesday, the government says it will ensure that hospitals buy drugs only from accredited,

licensed or otherwise approved suppliers. Officials say the Ontario College of Pharmacists will also be responsible for inspecting drug-preparation facilities where pharmacists and pharmacy technicians practice. Marchese Hospital Solutions prepared the drug-and-saline mixture given to four hospitals in Ontario, including London Health Sciences Centre. THE CANADIAN PRESS

'Amazing racist' claims censorship

APK pulls show.

Comedian goes on freedom of speech diatribe in podcast

MARK SPOWART

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Complaints about his upcoming appearance in London have sparked a public rant from the U.S. comedian known for his "Amazing Racist" routine.

Ari Shaffir dedicates 40 minutes of his latest four-hour podcast to the controversy, saying people who didn't want him to perform at the APK were acting as censors.

"If you are telling someone what they can or cannot say, then that it is censorship," Shaffir says.

The APK has given Shaffir the boot, a move made after the podcast was posted. His June 3 show has been rescheduled for Norma Jean's.

APK owner Joan Brennan's decision to pull the plug came after complaints that Shaffir promotes racism.

She declined comment Wednesday. Language used by many of Shaffir's supporters "is atrocious and such commentary is not, nor ever has

Freedom of speech

"I don't love (his act), but I am for everybody to be able to speak their mind. Everyone has a mind of their own, they will choose whether they want to come down or not."

John Maurice, manager at Norma Jean's, the bar where Ari Shaffir's show has been moved to

been, condoned by The APK," the club said in a statement earlier this week.

John Maurice, manager at Norma Jean's, said he sees the comedian's jokes as more satirical than racist.

"I am comfortable with his material, and I support free speech," Maurice said. "It is satire, he cuts up everybody."

"Call me old-fashioned, but I can see the difference between satire and racism."

Online

Visit metronews.ca to find a link to the podcast.



An Andalusian Night

Get your Flamenco dance on!

Flamenco Dance London is teaming up with The Palace Theatre.

Noche Andaluza, which translates to An Andalusian Night, will take over the theatre at 7 p.m. May 26, featuring music, singing and, of course, dancers. Tickets are \$25 in advance or \$30 at the door. Visit palacetheatre.ca. **METRO**

156 grads

Western to hand out medical degrees

Western University will introduce 156 freshly minted doctors to the medical community during Friday's School of Medicine and Dentistry graduation ceremony. **METRO**

Canadian Cancer Society

Talking legacy

The Canadian Cancer Society will highlight the impact of the legacy donations during a May 31 event at Hilton London (300 King St.).

Tickets are \$20 in advance or \$30 at the door. Visit ticketwindow.ca. **METRO**

Flair for the Cure

Give with a flair

Bartenders will be the centre of attention Thursday during the Jack Astor's Flair for the Cure fundraiser.

The flair bartending competition at the restaurant's south London location is billed as featuring some of the most talented bartenders in the city. **METRO**

Fanshawe College

Students bring home the hardware

Four Fanshawe College students brought home medals during the recent Ontario Trades Skills Competition.

The event included about 1,900 people competing in 60 fields. **METRO**



Nowhere to go but up?

Sean Johnston, left, and Steve Valenti, both of London, were among about 20 unionized ThyssenKrupp Elevator employees walking a picket line Wednesday morning outside London City Centre at King and Wellington streets. The workers, members of the International Union of Elevator Constructors, have been on strike since May 1. Valenti said the workers are responsible for inspecting and servicing about 500 local elevators. **MARK SPOWART/FOR METRO**

The gas plants that never were. Dear taxpayers: 'I am sorry,' Wynne says

Premier Kathleen Wynne has offered a formal apology for the cancellation of two gas plants that will cost taxpayers at least \$585 million.

Wynne had previously rebuffed calls for an apology,

saying only that she regretted the cost of cancelling the plants, which was more than double what the governing Liberals had claimed.

The tide turned late Tuesday with the premier, speak-

ing during an interview on TV Ontario's The Agenda, saying she was "very sorry" for the mistakes the government made.

In fact, the premier said she was sorry 11 times during

her interview.

"The people of Ontario need to hear that I'm sorry because I am, I am sorry," she said. "I'm sorry that we didn't have a better process up front." **THE CANADIAN PRESS**



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THAT'S THE POWER OF



B.C. elections. Pollsters explain their total failure

When it comes to opinion surveys, respondents — particularly young ones — tend to tick “Yes” when asked whether they intend to vote, even if it’s not true.

That was the explanation offered Wednesday by two of the nation’s most prominent pollsters when asked how they, along with all their competitors, managed to get B.C.’s election forecasts so completely, utterly wrong.

Ipsos Reid public-affairs vice-president Kyle Braid said 70 to 80 per cent of Canadians say they intend to vote in federal elections, even through the actual turnout is usually closer to 60 per cent.

“We need a better way of figuring out who the voters are,” Braid said.

Mario Canseco, vice-president of Angus Reid Public Opinion, said the trend is even more pronounced among voters ages 18 to 34 — who said



Premier Christy Clark THE CANADIAN PRESS

they were twice as likely to vote NDP as Liberal.

It won’t be clear until Elections BC releases its exit-poll results whether more young voters did indeed skip the ballot box. But historically, just 16 per cent of B.C.’s electorate is made of voters aged 18 to 35.

“We’re talking to young people, but are we talking to too many?” Canseco wondered.

KATE WEBB/METRO IN VANCOUVER

Look, we can explain ... Anti-piracy firm caught using copyrighted photos

It’s an embarrassing coincidence for the company leading the fight to uncover, and punish, online copyright infringement in Canada.

The Montreal-based company has changed the images on its website upon learning that several had been used without permission.

It was an awkward twist for Canipre, given that the company name stands for Canadian Intellectual Property Rights Enforcement and that it offers “takedown services” on behalf of Hollywood stu-

Pleading ignorance

“I didn’t do my due diligence.... I just assumed we could use them.”

Site-design contractor Trevor Paetkau, who called Canipre blameless in the snafu.

dios and other clients.

The company says it did not know that its contracted web designer used the images improperly and learned only through an article on the Vice website. **THE CANADIAN PRESS**

Defying UN?

Canada evading compensation for torture: Amnesty

Canada is obstructing efforts to compensate Arab-Canadians who suffered torture in Syria — in part due to lapses by Canadian agencies — ignoring a directive from the UN, says Amnesty International (AI).

The government is “battling every ... application up and down the court system in as protracted and drawn-out a manner as possible,” said Alex Neve, AI Canada’s secretary general.

THE CANADIAN PRESS

Keystone XL

Tories boast about emissions record

When Stephen Harper speaks about Canada’s energy prospects at a U.S. think-tank on Thursday, his pitch will likely mention that Canada is halfway to meeting its greenhouse-gas target. But the question remains: what will Canada do to make up the other half?

As the U.S. mulls whether to allow the Keystone XL pipeline, the federal Tories have taken out ads in U.S. publications and launched a website to promote its approach to reducing emissions. **THE CANADIAN PRESS**



One government insider says the \$90,000 sent to Sen. Mike Duffy was a gift to help a friend in financial difficulty. SEAN KILPATRICK/THE CANADIAN PRESS

Senator repaid cash, but not on his dime

\$90,000. Gift from PM’s chief of staff raises even more accusations of corruption, coverup

Trust no one?

“We can’t trust the Senate; obviously the Senate has no credibility on this. We can’t trust the prime minister’s word.”

NDP ethics critic Charlie Angus, who called for a full investigation.

Less than a week after the Conservatives hailed Sen. Mike Duffy’s “leadership” in repaying \$90,000 in improper housing expenses, it turns out someone else made the bill go away.

Stephen Harper’s chief of staff Nigel Wright personally covered Duffy’s repayment, the Prime Minister’s Office said on Wednesday — a transaction one insider described as a gift between friends that occurred without Harper’s knowledge.

But the surprising transaction is raising questions about just how involved the Prime Minister’s Office might have been with an independent audit into Duffy’s expenses, and how it later portrayed that audit publicly.

The Senate’s conflict-of-interest code explicitly prohibits senators from accepting any gift that “could reasonably be considered to relate to the senator’s position.” The Senate ethics of-

ficer refused to comment on the matter Wednesday, despite the fact gifts are supposed to be publicly disclosed.

The expense claims of Duffy and two other senators were examined by auditor Deloitte after they were accused of improperly claiming a housing allowance intended to compensate those who must maintain a secondary residence in Ottawa.

Deloitte noted in its report that Duffy stopped co-operat-



Nigel Wright THE CANADIAN PRESS FILE

ing with the audit once the repayment was made. Now the government is refusing to provide any detailed breakdown of the expenses repaid by Duffy, keeping secret the full circumstances under which he was making claims.

THE CANADIAN PRESS

Hadfield once a social media twit

Canadian astronaut Chris Hadfield may have become a worldwide Internet sensation with his dramatic photos, tweets and musical performances from space.

But it took some convincing by his sons to persuade him of the importance of social media in the first place.

He initially balked when they began preaching the

merits of Twitter and Facebook more than three years ago.

During a family Christmas get-together in 2009, his son Evan, who lives in Germany, and Kyle, who is in China, pointed out that they relied on the Internet to find out what’s going on.

They got on his case again when his five-month mission was announced in September

2010. They then decided to set up his social-media sites.

Upon his return to Earth this week, Hadfield was hovering at about one million Twitter followers and more than 325,000 “Likes” on Facebook. His photography and music, distributed mainly through social media, earned him news coverage around the world. **THE CANADIAN PRESS**



Astronaut Chris Hadfield landed safely on Tuesday in Kazakhstan.

MIKHAIL METZEL/THE ASSOCIATED PRESS

'I am broken because part of me is gone'

Tim Bosma case. Wife makes anguished speech on same day accused is slapped with murder charge

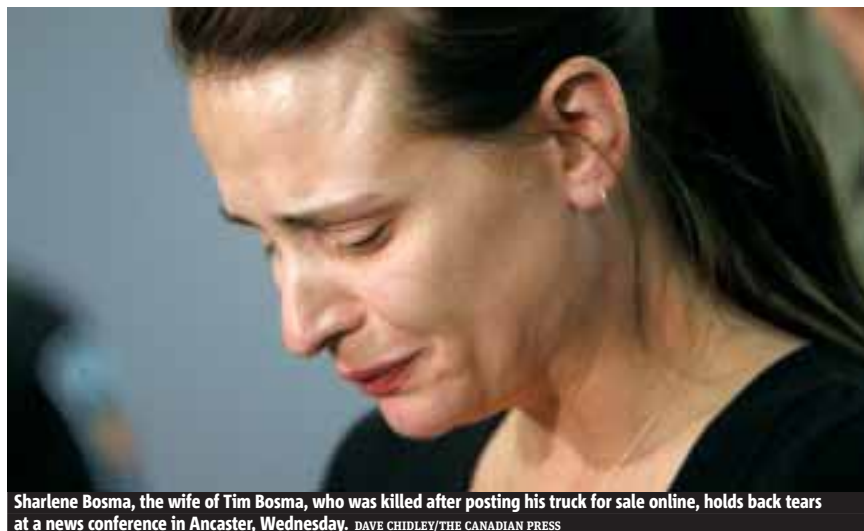
The young daughter of an Ontario man who was killed after posting his truck for sale online and taking a test drive with two men will grow up knowing how deeply he was loved, the man's wife vowed Wednesday.

Sharlene Bosma laid her anguish bare in a tearful public statement one day after police revealed that her husband Tim Bosma, 32, who had been missing since the test drive on May 6, is dead.

"Yesterday was the most horrifying day of my life and people tell me I have been so strong, and all I know is that I have a beautiful two-year-old girl at home who now needs her mommy more than ever and needs her mommy to hold it together, so I know that I cannot fall apart," she said.

"But I am broken because part of me is gone."

Police announced Tuesday that Bosma's remains were found in Waterloo Region, about 50 kilometres away from the Hamilton home he shared with his wife and



Sharlene Bosma, the wife of Tim Bosma, who was killed after posting his truck for sale online, holds back tears at a news conference in Ancaster, Wednesday. DAVE CHIDLEY/THE CANADIAN PRESS

young daughter.

His body was burned beyond recognition, police said. Still, Bosma said she was thankful.

"This was not our desired outcome," she said. "But I am still grateful to the police for finding him."

Bosma last saw her husband when he left on a test drive with two men who had contacted him about the pickup truck he had posted for sale online. Hamilton police believe he was killed some time that night, though they don't know where.

THE CANADIAN PRESS

Now first-degree murder

Tim Bosma gave his life for a truck

Murder victim Tim Bosma posted his 2007 black Dodge Ram truck for sale online — including on the classifieds website Kijiji. However, Kijiji says that the murder suspects would not have been able to contact Bosma through its site.

Bosma did not reveal any personal information on the site and his ad did not receive replies. Police announced Tuesday that Bosma's charred remains were found. Dellen Millard, 27, was originally charged with forcible confinement and theft over \$5,000. A charge of first-degree murder was added Wednesday. Police are searching for at least two other suspects.

TORSTAR NEWS SERVICE

Hinton, Alberta

RCMP charge a woman with aiding a suicide after a woman's body is found

Mounties in Alberta have charged a woman with helping another woman commit suicide.

RCMP say a body was found last Friday inside a vehicle parked in front of the hospital in Hinton, about 300 kilometres west

of Edmonton.

A 53-year-old woman who was admitted to the hospital with non-life-threatening injuries was charged this week with aiding suicide.

Court documents show the dead person was also a woman, but her age was not disclosed.

A publication ban prevents identifying the pair.

The accused has been remanded in custody and is to appear in court in Hinton, Alberta on June 5.

THE CANADIAN PRESS

Cleveland. Castro to plead not guilty; court will hear of his innocence: Lawyers

The lawyers for a man accused of keeping three women in captivity for about a decade say he will plead not guilty.

Attorneys Craig Weintraub and Jay Schlachet tell WKYC-TV that suspect Ariel Castro has been portrayed as a "monster" in the media, and after meeting with him Tuesday they don't see him that way.

Weintraub says it's unfair and offensive that "the media and the community want to demonize this man before they know the whole story."

Schlachet says details of Castro's innocence "will be disclosed as the case progresses."

Weintraub also says Castro "loves dearly" the child



Ariel Castro THE ASSOCIATED PRESS

he fathered with alleged kidnap victim Amanda Berry while she was in captivity.

Castro is charged with kidnapping and raping Berry, Gina DeJesus and Michelle Knight.

THE ASSOCIATED PRESS

Casino accuses popular poker star of cheating

A major casino operator is accusing Phil Ivey, an American who is one of the world's top professional poker players, of amassing millions of dollars in winnings by cheating at baccarat.

Court papers filed in Britain's High Court by the Malaysia-based Genting Group say that Ivey and an accomplice successfully used a scam to rack up winnings of roughly 7.8 million pounds (\$11.9 million) last summer.

The case has rocked the world of professional poker by pitting one of its most charismatic young stars against a major resort and casino operator. The game in

question took place on Aug. 20-21 at Crockfords, one of London's oldest and most respected casinos.

The long-simmering dispute was first made public last month when Ivey filed a claim against the Genting Group in London's High Court. His lawyers said the casino refused to pay Ivey the money he had won playing baccarat at Crockfords, which is part of the Genting Group.

The casino responded in court Tuesday by accusing Ivey of cheating, saying his winnings were invalid because they were "based upon illegal acts."

THE ASSOCIATED PRESS



Phil Ivey, 37, one of the world's top pro poker players is accused of cheating. THE ASSOCIATED PRESS

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Dow Jones: 15,275.69 (+60.44)

Real estate

Home sales down 3% from year ago

Canadian home prices continued to rise in April even as year-over-year sales fell three per cent, according to the latest industry data that has left economists divided over whether the market can count on a soft landing.

"I think some people are perhaps confused by the fact that we've seen a drop

in sales but prices haven't fallen yet," said David Madani, an economist at Capital Economics.

"But that's normal because prices respond to sales activity with a lag," said Madani, who believes it's still too early to rule out a sharp correction in what until recently has been an overheated market. The real test will be the summer months when the housing market typically heats up, he added. **THE CANADIAN PRESS**



This photo shows an Android display at the Google I/O developers' conference in June 2012. This year's version of the conference kicked off on Wednesday in San Francisco. **THE ASSOCIATED PRESS FILE**

Google unveils music service, Maps redesign

San Francisco. Raft of announcements at developers' conference also cover Google Plus features, online games

Google's sixth-annual conference for software developers opened Wednesday with a chance for the company to showcase its latest services.

Announcements include a new phone, new tools for online games, a music-streaming service, a range of features for the Google Plus

social network — including tools for sharing and enhancing photos — and a redesign of Google Maps.

The audience of about 6,000 people at Google I/O includes engineers and entrepreneurs who develop applications and other features that can make smartphones and tablets more appealing.

Google's All Access streaming service will allow Android users to listen to their favourite songs and artists for a monthly fee. It launched in the U.S. on Wednesday and will be available in other countries later.

THE ASSOCIATED PRESS

North Pole nations. Canada takes over Arctic Council

Canada has officially taken over leadership of a newly broadened circumpolar world, beginning a two-year stint as head of an eight-member group of countries around the North Pole that is the primary international forum on northern issues.

"The time has come to embrace the Arctic and realize the tremendous potential and opportunities it has to offer for all of us," said federal Health Minister and Nunavut MP Leona Aglukkaq, who will serve as Arctic Council chairwoman during Canada's leadership.

Aglukkaq will be working with a larger group of countries interested in an increasingly accessible, resource-rich North. At its meeting in Kiruna, Sweden,



Sweden's Foreign Minister Carl Bildt hands the gavel symbolizing the chairmanship of the Arctic Council to Nunavut MP Leona Aglukkaq in Kiruna, Sweden, on Wednesday. **THE ASSOCIATED PRESS**

on Wednesday, the council expanded the number of non-Arctic countries allowed to monitor discussions.

THE CANADIAN PRESS

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ROMANTICIZING YOUR ROAD TRIP

Time to hit the road, Jack!

The Victoria Day weekend is the unofficial kickoff of Canada's summer (because we're sure as he-- not waiting for real summer) and for me that has always meant road trips.

It could mean a jaunt to a cottage to celebrate Queen Victoria's glorious reign (Her Majesty was known for her gardening, cottage cleaning and barbecue skills). Or it could be a longer journey this summer to see some of this country's most important roadside fruits, such as the Oxford, N.S., blueberry.

Regardless of your travelling tastes, here are a few planning tips to help any road trip go more smoothly, potholes notwithstanding.

Six tips from a roads scholar
Plan (or don't plan) to your liking. If you're the type of person who prefers every part of your trip planned out to the letter, take advantage of modern technology and use Google Maps. If you're more of an adventurer and prefer to have no



HE SAYS

John Mazerolle

metronews.ca

idea where you're going, use Apple Maps.

Choose your travelling partners carefully. For example, don't take your children. On one trip when I was younger I repeatedly sang Sloop John B ("This is the worst trip I've ever been on") to let my parents know the all-expenses-paid road trip they were treating me to was not living up to my exacting 14-year-old standards. I'm still mad at them, because in retrospect they should have left me on the side of the road to die. They would have been right to do it.

Rent a well-equipped vehicle. That way if you can't find a perfect travelling partner, you can still get companionship with the help of the OnStar button. "Is there something broken in the vehicle, sir?" "Only the driver, ma'am. Only the driver." The call disconnects a lot for some reason, so you'll need to keep calling back.

Prepare for emergencies. Be ready for flat tires. All motor-

ists should carry with them a vulcanized rubber patch, a hand pump, rubber cement, and a wading pool filled with enough water to detect a leak in a 17-inch radial.

Do not forget that you are sitting on a pack of Junior Mints and grinding the melted chocolate into the fabric of your rental car. I can't stress this one enough. I can say based on personal research that in 2012 this statistically happened 100 per cent of the time. So be prepared.

Take the road less travelled. By that I mean go to New Brunswick. My home province needs it and will be thrilled to see you, once the shock wears off. Toronto's tourism slogan is "We've been expecting you," which is very apt for Canada's super villain. By contrast, New Brunswick's is "For the love of God please stop the car." If you go you'll be popular and may become an attraction yourself.

And those are my travelling tips. I hope you find them helpful.

Now if you'll excuse me, I have a romantic road-trip weekend planned.

Mrs. OnStar's going to love it when she finds out.

ZOOM

Ghana's space dreams take flight



CHRISTIAN THOMPSON/THE ASSOCIATED PRESS PHOTOS

Satellite is just the beginning

Students use a balloon to launch Deployable CanSat, a soda-can sized model of a satellite, at All Nations University in Koforidua, Ghana, Wednesday. It went aloft to a height of 165 metres and then came back down attached to a parachute.

THE ASSOCIATED PRESS



The project doesn't look like much, yet in this developing West African country, ambitious organizers see it as a sign of bigger things to come.

Only direction to go is up

"Some wonder why we couldn't concentrate on our problems of water, sanitation, health, all those things. I categorically disagree.... Space will help African countries who are very serious with it to leapfrog their development because it cuts across all sectors of the economy."

Prosper Kofi Ashilevi, director of the Ghana Space Science and Technology Center, which recently celebrated its one-year anniversary "We hope that this practical demonstration of what can be done by students like them will generate more enthusiasm, fire up their imagination to come up with more creative things, and show that it's possible that they'll one day be able to launch their own real satellite into orbit," he added.

Click bait



ANDREW FIFIELD

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You know what's the worst? The terror of discussing your favourite shows the next day when there's always someone within earshot to give you a tongue-lashing about spoilers. Why should you pay for them being laggards? Try these sites for sharp recaps and witty discussion about the best TV.



The AV Club

The Onion's sister site makes it easy to decide what shows to catch up on by attaching a letter grade to each review. Intrigued by Twitter chat about The Americans? Check its report card here. (avclub.com)

Grantland

Molly Lambert's take on whatever bleak note Mad Men ended on pairs with Andy Greenwald's funny and insightful pieces on Game of Thrones for

Monday afternoon's best one-two punch. (grantland.com)

Vulture

Easily the snarkiest of this lot, Vulture's writers take particular delight in savaging shows that secretly drive you crazy, too. Ahem, The Walking Dead. The hidden gems are the hilarious American Idol recaps, which are much more fun than the actual episodes. (vulture.com)

Comments

RE: \$84 Gelato, And Other Tourist Trap Horror Stories, published May 15

Wow, perhaps people should visit natural features of the planet instead of man-made structures! It barely costs anything to hike or cycle unless you prefer a guide. Can't these tourists do the money conversion to figure out what they're really paying? If people were smart, they would just walk away!
Skippy76 posted to metronews.ca

Twitter

@metropicks asked: Angelina Jolie had a mastectomy after finding out via gene tests she is predisposed to cancer. Would you do the same?

@halla_p: As a mother of two young ones ... You betcha!!!

@GACat: Yes, I would do the same thing. In a heartbeat.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Inspired by roots and hoots

Monthly exhibits.
Food, politics and art intersect at The Root Cellar café



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Mouth-watering treats made from local, organic ingredients are not the only thing on the menu at The Root Cellar café.

The warmly coloured, arching brick walls of the café are playing host to artwork from different local artists every month.

May's exhibition features the stained glass-inspired, psychedelic owl art of Narcise Datura.

"My dad's a (stained-glass) artist. I started doing it when I was younger, and that comes through in my art," says Datura, 36.

"I like (stained) glass because it lives for a really long time," says the artist, whose subjects are often owls.

Datura often paints on objects he finds in the garbage, like pieces of wood, used canvases, frames and furniture.

"Put some paint on something and then all of a sudden it's completely different," he says. "It changes people's perception on what is worthwhile and what is waste."

Datura recently won a \$1,000 London SOUP micro-grant to work on a documentary about urban agriculture and local-food initiatives.

As part of the organization Grow Food, Not Lawns,



Artist Narcise Datura is pictured next to his work at The Root Cellar café (623 Dundas St.) It will be on display through the end of May.
MILA PETKOVIC/FOR METRO

Around town

- **Tunes.** Say Domino and I Smell Blood of London's Out of Sound Records are launching off their Eastern Canada tour with a show at APK on Saturday. Tickets are \$6. Doors open at 9 p.m.

- **Spoken word.** Come get inspired Friday during the London Poetry Slam at the London Music Club. Show starts at 8 p.m. Tickets are \$5.

Datura helps people start gardens in their yards.

"This strengthens local food security. And the best way to know what's in your food is to grow it yourself," he says.

The Root Cellar that's temporarily housing Datura's work has a similar philosophy.

"We believe that food is political, that the choices we make about food — what we choose to eat and who we choose to support by doing so — resonate through our community, our economy, and our planet," reads the café's mission statement.

The café started about a year ago as part of On the

The power of owls

"They are a spirit guide and a muse for me. I never get bored of painting owls. ... I have seen many owls when I was at a crossroads in my life and while travelling."

Artist Narcise Datura

Move Organics, a business that aims to help localize the city's food shed by distributing food sourced from small-scale, London-area organic farms.

"With small-scale local organic (food) you are not using the petrochemicals and pesticides that can damage the bee population, the soil, the air and the water,"

says Ellie Cook, manager of The Root Cellar.

"Growing local also means cutting down on the amount of gas that's used to bring food to an urban centre."

All items on The Root Cellar menu are organic and fair-trade certified. The café is also home to a book club and a fibre arts collective.

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The apocalypse, some werewolves, a little love

Interview. Author Benjamin Percy talks about his new book *Red Moon* and why the genre is more popular than ever

DOROTHY ROBINSON
Metro World News

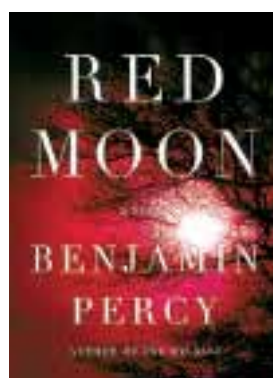
Author Benjamin Percy says he's "always loved the epic novel — the kind that swallows up your life, that tangles you in its complicated web — and I've always wanted to write one." And his new book *Red Moon* is just that. The sweeping tome is a mixture of a supernatural thriller (hello, werewolves), a love story and a political allegory all wrapped up in one insanely readable package. Here's how he did it:



Benjamin Percy. HANDOUT

How did you come to write a book about werewolves?

Some of the most lasting horror stories target cultural unease. Consider Frankenstein: The creature embod-



ies the fear of science and technology; man playing God; all of the anxieties that swirled out of the Industrial Revolution. So when I sat down to brainstorm *Red Moon*, I considered what we fear now. We fear disease and we fear terrorism.

Why do you think that

apocalyptic and post-apocalyptic narratives are so addictive these days?

They've been around forever, but since 9/11 there has been a flood of films and novels. The end of the world has never been so popular, because the end of the world has never seemed more possible due to political and economic and environmental unrest.

Red Moon is part love story, part horror and part political allegory. But if you had to whittle down the point, what is it?

I hope my readers feel struck by the political allegory, and I hope their pulse quickens with the love story, and I hope the more horrifying passages scare the pants off of them. Its core — this post-9/11 reinvention of the werewolf myth — is thought-provoking entertainment.



5 TAILS, ONE STORY

Canada Post and the Canadian Federation of Humane Societies (CFHS) have teamed up on the Choose Pet Adoption stamp issue. Meet the stars of the stamps above. Use them on your mail to help raise awareness about pet adoption as the first choice when bringing a new animal into a family!



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metro

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Vampire Weekend songwriter Rostam Batmanglij is happy to discuss their music. He's also happy to not have to talk about the band's 'haters' anymore. FRANK GUNN/THE CANADIAN PRESS

Vampire Weekend has broke dawn with a sterling new album

Modern Vampires in the City. The often discussed band is relieved the focus is finally back on just their music

When Vampire Weekend debuted to breathless blog fussing five years ago, their pristine blue-sky pop was marred by a few pesky clouds.

The concern that was so crucial to any Vampire Weekend discussion at the time: was their unique, broadly accessible African-influenced pop somehow rendered unpalatable by the group's preppy style, Ivy League educations and occasional penchant for preciousness?

Even in churning out raves, mainstream media made near-constant references to the group's supposedly passionate "haters," while never failing to mention the group's freshly scrubbed sartorial esthetic or

upbringing — in reviews of the band's self-titled debut, Rolling Stone, NME and Pitchfork all dutifully scribbled references to boat shoes, starched shirts and Columbia University.

As the band releases its third album, the sparkling *Modern Vampires of the City*, those conversations have finally faded into the background. And certainly, no one is more relieved than the band's soft-spoken, serious-minded multi-instrumentalist Rostam Batmanglij.

"I think people have maybe a better understand-

ing of who we are and I think that we've always tried to let our music sort of speak for itself and we've always wanted the conversations to be about our music as opposed to other things," he said in a recent interview in Toronto. "So I think that naturally that's happened. There's been an evolution over time."

"I think all of us," he added later, "would rather talk about songs, music and lyrics, as opposed to assumptions based on non-facts. Which was some of the story in the early days."

THE ASSOCIATED PRESS

Influences

Modern Vampires of the City, out this week, shows a band that has matured in the right ways, judiciously shedding all the right elements.

- **What to expect.** The globally derived gaiety of their earlier work has been scaled back, so

their influences are no longer worn on sleeve, but stitched into the band's fabric. The set hits dizzier heights of transcendent anthem-hood — check the chandelier-ornate *Step*, the giddy sugar rush of Diane Young or the swooning *Ya Hey*.



Brad Pitt and Angelina Jolie

Emotional Brad proud Angelina went public about double mastectomy

No one is as moved by Angelina Jolie's decision to go public about her double mastectomy than her partner, Brad Pitt. "I'm quite emotional about it, of course," he tells USA Today. "She could have stayed absolutely private about it and I don't think anyone would have been none

the wiser with such good results. But it was really important to her to share the story and that others would understand it doesn't have to be a scary thing. In fact, it can be an empowering thing and something that makes you stronger and us stronger."



Twitter



@ewan_mcgregor

It's a beautiful day. Busy and not. Exciting things on the horizon. And where I stand – is pretty lovely.



@GarryShandling

The photographer told me today that "head shots" are not in my acting range.



@daxshephard1

As happy as I am about the renewal, I was kinda looking forward to getting the Parenthood Movie funded on kick starter.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Beyoncé says sorry to Belgium for cancelled gig

Beyoncé felt so bad about canceling a gig in Antwerp, Belgium — on doctors orders because she was suffering from "dehydration and exhaustion" — that she posted a handwritten apology on her

website. "To my dearest fans in Antwerp, I've never postponed a show in my life. It was very hard for me. I promise I will make it up very soon. I'm sorry if I disappointed you," Beyoncé wrote. "Thank you for your concern. I'm feeling much better now and I'm ready to give you a great show. See you tonight." The singer's health concerns almost immediately sparked rumours that she is pregnant with her second child.



Lindsay Lohan ALL IMAGES GETTY

Lohan coping well in rehab despite hiccup

Lindsay Lohan is more than 10 days into her court-ordered 90-day rehab stint at the Betty Ford Center, and it's apparently just fine, according to E! News. "She is doing well. She seems like she's finally adjusted," a source says. There was

reportedly some uproar in the first week when Lohan allegedly discovered doctors wouldn't allow her to take the ADD prescription drug Adderall, but things have settled down, according to the source: "She is just going to have to deal with it."



Amy Winehouse

Amy Winehouse to be immortalized in bronze

Amy Winehouse's parents have enlisted artist Scott Eaton to sculpt a life-size bronze statue of the late singer to be displayed at London music venue the Roadhouse, which happens to be the last place Winehouse performed before her death, according to E! News. "She's going to be in-

stalled on the balcony in the Roundhouse in the Camden area, because Camden is her home where she lived. So she's kind of looking back towards Camden Town from the balcony," Eaton says. "So it's not going to be ... cheesy. She's not with a microphone or anything like that."

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The fashionable gent's favourite fine-clothing purveyor brings one of literature's most charismatic and complicated characters to the world's closet.

METRO WORLD NEWS

The great Gatsby getup

Silver screen style.

Brooks Brothers GM Deepak Chopra teaches the modern man to mix some movie magic into his wardrobe

It isn't a fashion film if it doesn't have a clothing line attached to it. Brooks Brothers is taking the menswear looks they provided for the screen to the store with its Great Gatsby-inspired collection. Yep, that means you can get a hold of Jay Gatsby's 20s-style tailoring.

"Brooks Brothers is mentioned numerous times in Fitzgerald's writings as a representation of the ultimate gentleman's purveyor of fine clothing to the American man of distinction," says Catherine Martin, the costume designer behind the film's 500-strong ward-

robe, in a statement to the press.

Metro recently had the opportunity to speak with Deepak Chopra, general manager of Brooks Brothers at Royal Bank Plaza in Toronto, to find out about the collection and his must-have suggestions.

The tuxedo

Every man should own a tuxedo, but how many of us do? At the current price point, Chopra says now is the time to invest.

JACKET, \$935; TROUSERS, \$272; BACKLESS VEST \$196; BAT WING BOW TIE, \$60; TUXEDO SHIRT, \$148.

The cardigan

The bottle-green shawl cardigan — seen in the movie — is another timeless piece to add to your wardrobe, Chopra suggests.

CARDIGAN, \$168

The linen suit

Perfect for summer, the linen suit offers a sense of relaxed ease. It is available in a number of colours and patterns — pink-striped, ivory, light brown — and the pants can be worn with suspenders or belts.

JACKETS, \$725; PANTS \$328

The waist jacket

While they look good paired with the linen suits, Chopra notes the waist jackets can add a dapper air to a pair of chinos or jeans.

WAIST JACKETS, \$328

BROOKSBROTHERS.COM



The tuxedo's backless vest features an art deco Greek key design.

The collection also features two regatta jackets; one with burgundy stripes and the other edged in gold, blue and burgundy. \$875.

Chopra draws attention to the shoes in the collection, which include a wingtip (shown), black patent leather, and a white and brown loafer. \$385 to \$655

Madame of the movies

Tiffany is also toasting the Jazz Age with its new Ziegfeld collection, based on the brand's archival jewelry designs from the 1920s.

Ziegfeld Cuff Links

Named for New York's legendary Ziegfeld Theatre, this collection captures the style and sophistication of the 1920s.

CUFF LINKS IN STERLING SILVER WITH BLACK ENAMEL FINISH. \$385

Ziegfeld Collection Pearl Earrings

An elegant tribute to the Roaring Twenties. Earrings in sterling silver with freshwater cultured pearls.

PEARLS, 9-10 MM. \$495

TIFANNY.CA

EDITOR'S PICK

The club collar

Looking to stand out? Kovalum's Bradford blue and white club shirt not only harkens back to old-school dapper, it will also set you apart from the point-collared crowd at the office this summer.

\$124.99, KOVALUM.COM



Fish delights with cabbage and pico de gallo and cream sauce — oh my!

Baja, the peninsula of Mexico located south of California, is famous for its fish tacos, which are gaining popularity around the globe. These lightly fried fish delights are layered with cabbage, cream sauce and pico de gallo salsa.

1. Mexican White Sauce: In a small bowl, combine mayonnaise, yogurt and lime juice. Cover and refrigerate for at least 2 hours or for up to 24 hours.

2. In a large bowl, combine tomatoes, green onions, jalapenos, serrano chiles, onion and cilantro. Add lime juice and mix. Transfer to airtight container and refrigerate, stirring occasionally for one hour or up to 24 hours. Add salt just to taste before serving.

3. Batter: In a large bowl, combine flour, beer and salt. Mix well to a thick consistency.

4. Tacos: Rinse fish and pat

dry with paper towel. Cut crosswise into 2.5-cm (1-inch) wide strips.

5. Fill a deep fryer or deep skillet with 2.5 cm (1 inch) of oil and heat to 180 C (350 F). Using tongs, dredge fish pieces in batter and gently place in oil. Deep-fry 4 pieces at a time, turning once, until golden brown, about 1 minute per side. Drain on paper towels. Discard any excess batter.

6. In a griddle or skillet over medium-high heat, heat each tortilla on each side until soft and pliable. Wrap in foil to keep warm until ready to use. To build tacos, divide fish equally among warm tortillas. Top with cabbage, Mexican white sauce and pico de gallo. Fold tortillas in half.

THE CANADIAN PRESS/ RECIPE ON THIS PAGE APPEARS IN 200 EASY MEXICAN RECIPES: AUTHENTIC RECIPES FROM BURRITOS TO ENCHILADAS BY KELLEY CLEARY COFFEEN (ROBERT ROSE INC. 2013).

Ingredients

Mexican White Sauce

- 175 ml (3/4 cup) mayonnaise
- 125 ml (1/2 cup) plain yogurt
- Juice of 1 lime

Pico de gallo

- 4 tomatoes, seeded and diced
- 4 green onions, green parts only, minced
- 3 jalapeno peppers, 2 serrano chile peppers, seeded and minced
- 1 onion, finely chopped
- 2 tbsp minced cilantro
- Juice of 2 limes
- Kosher salt

Batter

- 250 ml (1 cup) all-purpose flour
- 175 ml (3/4 cup) light beer
- 5 ml (1 tsp) kosher salt

Tacos

- 750 g (1 1/2 lb) skinless cod or tilapia fillets
- Vegetable oil
- 8 flour tortillas
- 250 ml (1 cup) each shredded red and green cabbage

Fresh Baja Fish Tacos



This recipe serves eight. THE CANADIAN PRESS H/O

Cookbook of the Week

Mexican simplified



Using authentic Mexican recipes as her inspiration, Kelley Cleary Coffeen releases her book 200 Easy Mexican Recipes.

Made with ingredients easily found at local grocery stores, the dishes featured in the book are quick to make, easy to serve and affordable.

Among the aromatic and flavourful dishes found in the book are: Shrimp Ceviche, Green Chile and Chicken Tacos, Shredded Beef Chimichanga, Burrito Bowls, and Caramel Flan. **METRO**

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Spoil yourself with a spa bathroom

Whether you're considering a spring renovation or a simple spruce-up to the bathroom, now's a great time to add some luxury touches. This often utilitarian room can be the go-to spot for pampering yourself. All you need to do is introduce a few elements such as lighting, music and accessories. And with summer almost here, the more skin you show the more pampered your skin will need to be, so you better get busy on the bath. Here's a few necessities to help.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Lighting



Choose lighting that is flexible enough to be used for daily makeup application at its brightest and that can be dimmed to give a relaxing tone to the room. Tip: Add dimmer switches to everything and look for frosted glass shades to diffuse light. Pimlico Swing Arm Sconce, \$375, restorationhardware.com.



Music

Soft, soothing sounds can turn your plain bathroom into a musical oasis, so why not build it into the ceilings — or right into your shower. The Moxie Shower Head and Wireless Speaker has a portable wireless speaker that connects to any Blue-tooth device to offer up your favourite tunes while in the shower. \$230, kohler.ca.

Baskets

A basket dedicated to your spa treatments helps with clutter control in the bathroom. Soft-feeling felt woven bins, Clean Slate Woven Felt Bin set, \$83, crateandbarrel.com.



Towels

Keep a set of special towels on hand specifically for your spa time. All-cotton towels in soothing neutral colours, GlucksteinHome Spa Collection Towels, \$23, thebay.com.



Tub



Got room for a large tub? Why not make it large enough for two? Perfectly smooth air jets around the tub's perimeter help to soothe and relax aching muscles while bathing in ultimate modern style. Studio Ever-Clean Air Bath, from \$2,900, americanstandard.ca.

Candle

Adding scent to your spa experience will change the feeling of the room. Clear your mind while uplifting your spirits with Stress Relief Eucalyptus Spearmint candles, \$24, bathandbodyworks.com.



Don't forget to wash the dishwasher!

Cleaning. Some simple tips for running a more efficient appliance

Your dishwasher, sink drain and garbage disposal do the major dirty work in your kitchen, and you can keep them running efficiently with a few easy steps.

If there are spots or stuck-on grime on the dishes when they come out of the washer, or if the sink has an unpleasant

odour even after you clean it and run the disposal, it means these hard-working appliances may need extra attention.

"Dishwashers and drains battle kitchen waste and activity daily, which can take a toll on the appearance and performance if not cleaned correctly," said Chris Salatino with Kenmore Major Appliances.

Electric dishwashers have a filtration system that requires regular cleaning, especially if you don't scrape or pre-rinse

dishes.

"The maintenance on a dishwasher depends on how you treat it," says John DeSilvia, host of DIY Network's Rescue My Renovation.

If you're not a pre-rinser, he recommends cleaning the filter once a month. Just look at the bottom of your dishwasher, find and remove your filter, then scrub away debris with a soft brush. Rinse and re-install.

"Don't be scared, it's really easy," says DeSilvia.

If in doubt, check your owner's manual on how to

find and remove the filter. Can't find the instructions? Log on to your manufacturer's website. Online tutorials at sites such as DIYNetwork.com and YouTube.com can also help you through the process.

The interior of your dishwasher may also appear filmy at times. To get rid of that buildup, Salatino advises waiting until the washer has finished a cycle and cooled. Then make a paste with powdered detergent or use liquid detergent on a damp sponge to wipe away mineral deposits.

Follow up by running a normal cycle.

If you're in a hard water area and wiping with detergent doesn't remove all the film, run a normal cycle with two cups of white vinegar in an upright glass on the lower rack. Salatino advises turning off the "heated dry" option during the cycle.

There also are commercial cleaners marketed especially for mineral buildup in dishwashers.

Consumer Reports recommends replacing worn or

rusted dish racks, and using care when loading dishes and silverware so you don't damage spray arms. Inspect the arms to make sure they aren't clogged with debris, which could affect water pressure. Use pipe cleaners to dislodge blockages.

For cleaning the outside of your dishwasher, Salatino says all you need is a soft, damp cloth or sponge and mild detergent. If you've got a stainless steel cover, you'll need a special cleaner.

THE ASSOCIATED PRESS

The moving truck is ready, are the kids?



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The process of buying a home, selling your existing home and moving your family can be overwhelming, especially for people with young children.

From mortgages to movers, there is a lot to consider when buying a home and for home buyers with children, there are even more variables. From schools in the area, accessibility to daycare, libraries, parks and recreation to making sure your location of choice is family-friendly, the list may seem endless.

Get your Realtor to help you scout out the right neighbourhood and the right home for your family.

Your Realtor is a great resource in the home buying process — he or she will be familiar with nearby amenities and can help you find the right home in a neighbourhood that suits the needs of everyone in your



Moving is stressful for parents and children. Make it easier by planning for it in advance. ISTOCK IMAGES

family.

To help get children excited about a move, include your kids in the home buy-

ing process by having them look at listings for homes and make a wish list of must-haves for the new home and

neighbourhood.

Moving can be tough on children, but parents can help make the process

easier by planning for it in advance. Here are some additional tips for parents planning a move:

- Visit local parks and recreation centres in the new area to give kids an opportunity to meet new friends.

- Stick to a normal routine as much as possible on days leading up to and following the move.

- Unpack the kids' rooms first.

- Talk to your kids about their feelings on the move and help them collect email addresses/phone numbers from friends in their old neighbourhood so they can stay in touch.

- Take lots of photos of your old house and neighbourhood and plan a goodbye party with all of your old neighbours.

Remember, it's normal for the transition to take some time for the whole family to get used to. Allow enough time to plan properly for your move and make sure to evaluate neighbourhood and home options thoroughly before making any decisions.

For more information on buying and selling a home, visit howrealtorshelp.ca.

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KEEP COOL THIS SUMMER

Air conditioners use energy to cool your apartment and reduce humidity levels. A correctly sized, energy-efficient model saves energy and money. Air conditioners have an energy efficiency rating — EER for short. Buy an air conditioner with an EER of at least 11 and an Energy Star symbol on the

product. Although they usually cost a little more, you will use less electricity. Higher-efficiency air conditioners are usually higher quality, less noisy and better performing.

Ensure the air conditioner has the correct amount of cooling for your apartment. An air conditioner with too much cooling capacity

will not operate efficiently, can cause your apartment to feel cold and humid, will use more energy and will cost more to operate. For air conditioners, smaller is always better as it will run more efficiently and provide superior temperature and humidity control.

Some apartments are cooled by central air-conditioning systems, while others rely on window-mount units or more permanent through-wall systems. Regardless of the type of air conditioner installed, the following guidelines will help reduce air-conditioning electricity use.

- Set your thermostat higher or deactivate the air-conditioning system when you are out. Remove and clean the window air conditioner filters every month. If there is a “fresh air” vent on the window-mount or through-wall air conditioner, make sure that it is closed so you’re not cooling outside air. If your apartment becomes stuffy, open the vent while you are in the apartment.
- If possible, install window air conditioners in north-facing or shaded windows.

Shading helps to improve air conditioner efficiency and reduce energy use.

- Keep windows, curtains and blinds closed to keep out heat and humidity.
- Install ceiling fans and use them to supplement air conditioners — or as an alternative to air conditioning. Energy Star-rated ceiling fans generally use very little electricity.
- For window-mount air conditioners, remove and store the air conditioner during the winter to help reduce space-heating energy use. Replace the window pane or install and seal an insulated panel in place of the air conditioner. Reduce air leakage for window and through-wall air-conditioning units with these tips:
 - Seal joints around through-wall or window-mount air-conditioning units. Use caulking or spray-in foam. If the joint is wider than 3 mm (1/8 inch), a foam backer-rod may be inserted in the joint first to prevent the caulking from flowing into the joint. Be careful not to block

pipes or openings intended to drain condensation from the air conditioner outdoors.

- Apply plastic sheets over top of the through-wall or window air-conditioning units in the winter to stop drafts through the units themselves. Be careful to use a removable tape. Try to find a surrounding surface to tape the plastic sheet to that will not be damaged when the tape is removed in the spring.

— COURTESY CMHC

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Make your home warm and inviting

Friends, family, neighbours. Take the craziness out of unexpected visits with a little planning

In the warmth and sunshine of summer, Canadians open their doors, get outside and take full advantage of the barbecue season. It seems like every weekend is packed full

of visits with friends, families and neighbours.

In fact, it's often those unexpected visits that turn out to be the most fun, even if it causes a mad rush to tidy

the house and dig into the cupboards to pull together a meal everyone will enjoy.

Take the craziness out of unexpected visits with a little advanced planning.

It's called seasonal pantry loading and it helps families to be ready for whatever their summer has to offer. Rather than buying what you

need for a specific period of time, stock your pantry with those items that can easily be stored and help you provide a quick and tasty meal at a moment's notice.

For example, all-in-one serving kits are always good to have on hand — such as taco or salad kits. Have options ready so all you need

is to add your core fresh ingredient and you have a meal.

As Linda Woolsey, vice-president research and development from ET TU Salad Kits, explains, "You want to make any visit memorable, whether planned or not. The one thing we've learned is that guests always appreciate great food. Being prepared

with easy pantry items can help you focus on your guests, spend more time enjoying delicious meals and less time on stressing and cooking."

So next time you take a trip to the grocery store, consider those items that will help you be prepared any time, any day.

NEWS CANADA



Thyme-Rubbed Flank Steak with Balsamic Pearl Onions. NEWS CANADA

Recipe. Thyme-Rubbed Flank Steak with Balsamic Pearl Onions

According to a recent Grill-Watch survey, steak tops the list as the all time favourite food to grill, according to 44 per cent of respondents. This steak recipe from Weber's New Real Grilling cookbook is quick and easy to prepare and perfect for a weekday dinner.

1 In a large skillet combine the water, vinegar, honey, tomato paste, and bay leaf. Add the onions and bring to a simmer over medium-low heat. Cover and simmer for 10 minutes, stirring occasionally. Uncover the skillet and increase the heat to high. Boil until the liquid starts to thicken and is reduced to 4 to 5 tablespoons, about 5 minutes. Remove from the heat and stir in 1½ teaspoons of the thyme, 1 teaspoon of the salt, and ½ teaspoon of the pepper. The sauce will continue to thicken as it cools. If necessary, add water, 1 tablespoon at a time, to thin the mixture to your desired consistency.

2 Combine the remaining 2 teaspoons thyme, 1 teaspoon salt, and ½ teaspoon pepper. Brush the steak on both sides with the oil and season evenly with the spice mixture, pressing the spices into the meat. Allow the steak to stand at room temperature for 15 to 30 minutes

Ingredients

- ¾ cup water
- ½ cup balsamic vinegar
- 2 tbsp honey
- 1½ tsp tomato paste
- 1 large bay leaf
- 1 package (14 ounces) frozen pearl onions, thawed
- 3½ tsp finely chopped fresh thyme leaves, divided
- 2 tsp kosher salt, divided
- 1 tsp freshly ground black pepper, divided
- 1 flank steak, about 1½ pounds and ¾-inch thick
- 1 tbsp extra-virgin olive oil
- Fresh thyme sprigs (optional)

before grilling.

3 Prepare the grill for direct cooking over medium heat (350 to 450 F).

4 Grill the steak over direct medium heat, with the lid closed, until cooked to your desired doneness, 8 to 10 minutes for medium rare, turning once or twice. Remove from the grill and let rest for 3 to 5 minutes. Cut the steak across the grain into thin slices. Serve immediately with the onions and their sauce. Garnish with thyme, if using. Serves four. Prep time: 15 minutes. Grilling time: 8 to 10 minutes.

NEWS CANADA

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Knights sent on their way to Saskatoon

Knights fan Tyler Akiens, left, has his hockey stick signed by London forward Corey Pawley on Wednesday during the club's sendoff at the old Electro-Motive Diesel plant on Oxford Street. The Knights, who were on their way to the airport to fly to Saskatchewan for the 2013 Memorial Cup, open the tournament against the host Saskatoon Blades on Friday night. JOHN MATISZ/METRO

Near miss for Miggy against Houston



Astros centre-fielder Brandon Barnes catches a fly ball hit by Tigers slugger Miguel Cabrera for the final out of the game on Wednesday in Detroit.

GETTY IMAGES

MLB. Astros avert walk-off hit in ninth with clutch catch by centre-fielder Barnes

For the second time in five days, Miguel Cabrera was at the plate with the winning run on base and the Detroit Tigers down to their final out.

This time, he lifted a deep flyball to right-centre field with the bases loaded, but it didn't carry quite far enough, and Houston's Brandon Barnes made the catch against the wall.

Barnes' catch preserved a 7-5 victory for the Astros on Wednesday after Houston scored two runs in the top of the ninth inning. The Tigers won their first six meetings with the Astros this year by a combined score of 50-12.

"That was the perfect ending — Miggy at the plate with the bases loaded and two out," Detroit outfielder Torii Hunter said. "He hit the ball really good

On Wednesday	
7	5
Astros	Tigers

but it just didn't work out for us."

Carlos Corporan hit a tie-breaking double in the ninth for the Astros. Jose Veras pitched the bottom of the ninth for his fifth save in seven chances. He walked two and hit a batter, but Cabrera's drive came a few feet short of winning the game.

On Saturday, Cabrera came up with two on and grounded out to end a 7-6 loss to Cleveland. The Detroit slugger has 41 RBIs already this season, thanks mostly to an incredible stretch with runners in scoring position. Coming into Wednesday's game, Cabrera was 25 of 50 with runners in scoring position — 12 of 19 with two outs.

But Barnes ran down Cab-

Ace vs. ace in Arlington

The Tigers' Justin Verlander, and the Rangers' Yu Darvish will meet Thursday night in a billing that really hasn't been matched in Arlington since Nolan Ryan and Roger Clemens faced off at old Arlington Stadium in 1989.

- Darvish is baseball's strikeout leader with 80 and on pace for 300, which hasn't been reached since Randy Johnson and Curt Schilling did it as Arizona teammates in 2002. Verlander has been the AL's strikeout leader three of the past four seasons.

reira's deep fly to deny the Triple Crown winner a potential extra-base hit.

"I just knew if he hit it out there, I'd have to get a good bead on it," Barnes said. "Just try to get under it and not stop until the catch was made."

THE ASSOCIATED PRESS

NHL

Toews, Bergeron, Datsyuk named Selke finalists

Jonathan Toews of the Chicago Blackhawks, Patrice Bergeron of the Boston Bruins and Pavel Datsyuk of the Detroit Red Wings are finalists for the Frank J. Selke Trophy as the NHL's best defensive forward.

Toews, a Selke finalist for the second time, finished third in the NHL in plus-minus with a plus-28 rating.

Bergeron, who won last year, was the NHL's top face-off man this season at 62.1 per cent. He had a plus-24 rating.

Datsyuk, a three-time winner, tied with Toews for the league lead in take-aways with 56 and topped Detroit in plus-minus at plus-21. THE ASSOCIATED PRESS

IIHF world championship



"You can't turn it over with the high offence they have."

Canadian forward Jordan Eberle on Thursday's quarter-final matchup against offensively gifted hosts Sweden.

NHL playoffs

Bruins in tough vs. stingy Rangers

Putting the puck past Henrik Lundqvist is a huge challenge for the Boston Bruins.

Of course, they have to get it to him first and that's a tough task against the shot-blocking New York Rangers.

"They're definitely going to be laying down to block those shots," Boston forward Patrice Bergeron said Wednesday after practice for Thursday night's second-round opener. "We have to be aware of that."

On Monday night, it seemed the Bruins wouldn't have to worry about that.

They rallied from a three-goal deficit in the last 11 minutes of the third period and beat the Toronto Maple Leafs 5-4 on Bergeron's overtime goal in Game 7.

"You don't give up," Bruins forward Jaromir Jagr said. "(But) if you try to do it again, you're probably not going to do it even if you try 100 times, but it happened."

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Is it OK to be ambitious? Is it OK to do better than others? Of course it is and anyone who says otherwise is not to be trusted. People are not all the same and, to be blunt, you're better than most.

Taurus

April 21 - May 21

After the events of the past few days, you may want to treat yourself gently over the next 24 hours. Give yourself time to unwind and assess the full implications of the changes that have been taking place.

Gemini

May 22 - June 21

You may not understand why a certain person acts the way they do but that is no reason to hold it against them. People have different personalities. You have several yourself.

Cancer

June 22 - July 23

You must not agree to anything if you don't know for certain what it is going to cost. Someone with a persuasive manner will make a risky venture sound like it's a sure thing. Don't be fooled.

Leo

July 24 - Aug. 23

When your instincts tell you one thing and friends tell you another, who do you trust? You trust your instincts, of course. Today's cosmic influences warn that people may not see things as clearly as you.

Virgo

Aug. 24 - Sept. 23

Not everything has a simple explanation and if you are smart you will dig to find out what has really been going on. Check both sides of the story.

Libra

Sept. 24 - Oct. 23

Someone you live or work with believes you owe them something. They also believe they can sit back and let you do the work. Make sure they know that isn't going to happen.

Scorpio

Oct. 24 - Nov. 22

Usually, if something feels good that's a sure sign that it is good. But today there is a real chance that what feels good could actually be bad for you. Whatever you do make sure it is done in moderation.

Sagittarius

Nov. 23 - Dec. 21

Don't believe everything you hear over the next 24 hours, not even if it comes from sources you know you can trust. Friends may not be trying to mislead you but they may have been misled themselves.

Capricorn

Dec. 22 - Jan. 20

The influence of Pluto in your sign makes you even more suspicious than usual. Having said that, perhaps it's a point in your favour that you insist on being shown hard evidence before you take action.

Aquarius

Jan. 21 - Feb. 19

Get out into the world and make things happen. The world is full of people who talk a good game, but very few who actually do something positive. Be one of the latter.

Pisces

Feb. 20 - March 20

If you have made a promise, you must keep it. If you try to wriggle out of it, your rep will suffer. You enjoyed short-term benefits, now pay long-term costs. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- ___ class (Misses the lecture)
- TV ___ (Watch shows on them)
- Toy dog's fave place
- Snip again
- 'Silver' suffix
- "___" ahead and try it already!" (Stop stalling, eat!)
- Angered
- Husk
- Dix - Deux = ?
- John Baird, Minister of ___
- Bed-and-Breakfast
- Mr. Richie, "Hello" singer
- Grateful ___
- "60 Minutes" network
- Forever, practically
- Time-saving abbr.
- Waaay far back
- Doofus
- That extra amount on a bill
- Ludicrous
- Kraft Singles, basically ...but only one: 2 wds.
- No ___, ands or butts.
- Poetic contraction
- Piercing place
- Big deals
- Take to be true
- Cleopatra's cobra
- Place of commerce in early Canada: acr. + 2 wds.
- U2's home
- Ancient Egypt: Son of

Ramses I

60. Once more

62. Jewish calendar month

63. Prude

64. Lead/tin alloy

65. "Losing My Religion" rockers

66. Labourer, in olde Anglo-Saxon times

67. Swamp plant

Down

1. Lanka's lead

2. Sawing cut

3. Flight-related UN Agency headquartered in Montreal [acronym]

4. Foul in odour

5. Jan ___ (Dutch painter)

6. Loot

7. Yield, such as profit

8. Tribulation

9. Smartphone owner's auto-taken pics

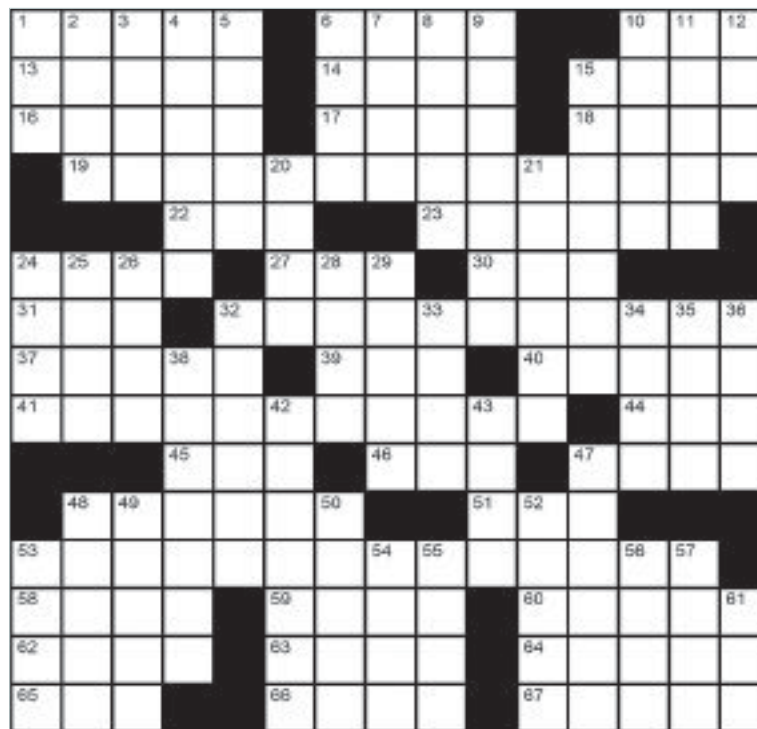
10. Stand-up comic Mr. Anderson

11. No Doubt hit: "Just ___"

12. ___ and pans

15. SNL alum Molly, star of "Superstar" (1999)

BY KELLY ANN BUCHANAN



- Price hike [abbr.]
- Soccer, to Brits [var. sp.]
- Son, e.g., on a family tree
- Retro toy, ___ A Sketch
- Pine-in-the-heart for
- Reckons
- Sedimentary rock
- Phony person
- Iris family plant with sword-like leaves
- Maraud
- Content or data, briefly
- Opening to 'pool' or 'pit'
- Actress, Leighton ___
- All+together: 2 wds.
- Rocky projection (Mountaineering challenge)
- Highest orbital point
- Put up with
- "Buzz off!"
- Utopias
- Tiffs
- Pick up on sound
- The Jacksons tune: "Blame ___ the Boogie": 2 wds.
- Evening, fun-style
- Partially eaten fish in a tin?
- Plucked guitar string sound
- Born, in bridal bios

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	9	8	7	4	2	1	3	5
2	3	1	9	8	5	6	7	4
5	4	7	6	1	3	9	8	2
1	8	3	5	2	7	8	4	9
4	2	9	1	3	6	7	5	6
7	8	5	4	6	9	2	1	3
3	1	6	8	9	4	5	2	7
9	7	2	3	5	1	4	6	8
8	5	4	2	7	6	3	9	1

8		2	1		5			
	9			1				
2		4	9		6			
3	5			6	1			
7							8	
4	2			3	9			
5		1	3		7			
	7			9				
9		6	7		4			

Today

22°/8°

Mainly sunny

Friday

21°/9°


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